

HEROES CARRY NARCAN

A How-To Guide

A pocket resource to reverse an opioid overdose



Urban Indian
Health Institute

A Division of the Seattle Indian Health Board

www.uihi.org

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Carrying and knowing how to give Narcan is an act of love.

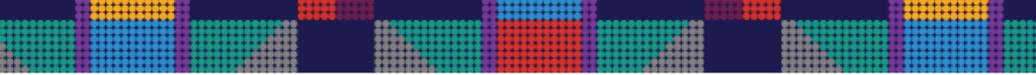
Narcan has the power to save lives.
When you carry and use Narcan, you
can make a difference.



Definition of Opioid Overdose

Opioid overdose happens when a person takes more opioids than their body can handle. This causes breathing to slow and can lead to unconsciousness or be fatal.





What are Opioids?

Opioids are a class of drugs that are used to reduce moderate to severe pain. Opioids include prescription or illegal substances. Prescriptions can include oxycodone, morphine or fentanyl. Illegal drugs include heroin.

What is Fentanyl?

Fentanyl is an opioid that is 50-100 times stronger than heroin. Fentanyl causes many overdoses and deaths. Illegally manufactured fentanyl is often added to other drugs, and people don't know they are taking fentanyl.

Opioid Overdose Signs & Symptoms



Slow, irregular, or not breathing



Small pupils



Pale, clammy skin



Blue fingernails or lips



Choking, snoring, or gurgling sounds



Unresponsive to voice or touch

Other signs and symptoms could be present that do not look like the ones listed above.

Responding to Opioid Overdose

It can be difficult to tell if a person is overdosing on opioids. Give Narcan, even if you are not sure. It won't cause harm and can save a life.

You will not get hurt by helping someone who is overdosing. If you have gloves and a mask, use them.

Follow steps on the next few pages to respond to opioid overdose.

Scan the QR code below to watch our step by step video.



UIHI NARCAN VIDEO



1. CARRY NARCAN

All people should carry Narcan. All 50 states have laws allowing people to get Narcan.

Order Narcan by Mail
Check for Your State:



2. CALL 9-1-1

An overdose is always a medical emergency. Narcan does not replace medical care. Call for help right away, even if you give the person Narcan. Every second counts.

Things you can say when calling 9-1-1:

- I am at [Exact Location]
- Describe what you see happening to the person, “The person is not awake and not breathing”

Avoid using words like drugs or overdose.





MARCAN NASAL SPRAY
A1024
DIN02458187

3. Give Narcan

Step 1 Get Narcan

Step 2 Lay person on their back

Step 3 Tilt head back and support neck

Step 4 Give Narcan

- Place thumb on bottom of plunger and two fingers on sides of nozzle
- Press plunger firmly to release medicine

Step 5 Wait 2-3 minutes

- If they don't wake up, switch nostrils and give another dose
- It may take multiple doses to reverse an overdose

Give rescue breaths or start CPR if person has weak breathing, stops breathing, or does not wake up.

4. Stay with them

Wait until help arrives.

If the person is still not awake but is breathing, lay them on their side. This recovery position keeps them from choking, if they throw up.





After Giving Narcan:

- People can be confused or experience withdrawal like symptoms after getting Narcan
- Narcan blocks the effects of opioids for 30-90 minutes, so it is possible for people to overdose again
- Administer more Narcan if help has not arrived and symptoms return

Tip:

Calmly tell the person they may have overdosed. Let them know you gave Narcan. Support them to not use opioids until help arrives.



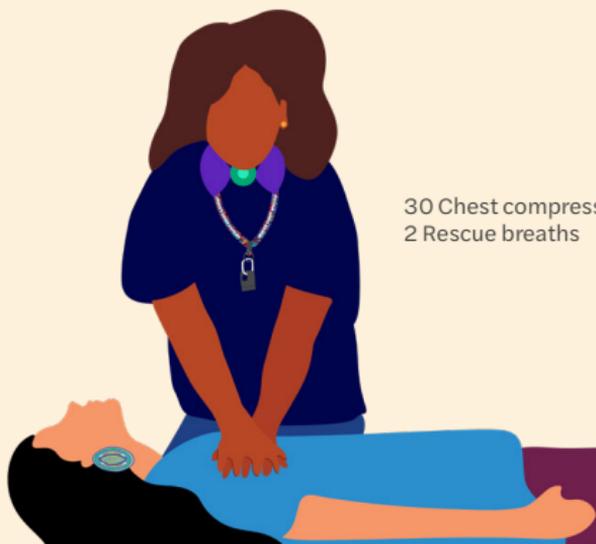
Giving CPR

If the person is not breathing and not responding even after multiple doses, CPR may be needed. CPR is an emergency treatment used when a person's breathing or heartbeat has stopped.

CPR involves 2 rescue breaths and 30 chest compressions. Do compressions to the beat of a song such as “Stayin’ Alive” by the Bee Gees.

Follow these steps for chest compressions:

1. Place person on their back
2. Place lower palm over center of chest
3. Place other hand on top of first hand
 - Keep elbow straight
 - Place shoulder directly above hands
4. Push straight down on chest hard and fast
 - You want to push down 2 to 2.4 inches
 - You want to aim for 100 to 120 beats per minute



30 Chest compressions
2 Rescue breaths

Follow these steps for rescue breaths

1. Place person on back
2. Tilt chin up to open airway
3. Open mouth and make sure airway is clear
4. Plug their nose
5. Give breath to make chest rise every 5 seconds



What are Good Samaritan Laws?

Good Samaritan laws help protect people from getting in trouble with law enforcement if they have a small amount of drugs when they call for help.

Before these laws were in place, many people would not call for help with opioid overdose.

These laws encourage people to act and call for help when a person is overdosing.

Every state is different. Check your state's laws here:





**For More Resources
Visit the UIHI Website:**



We have the **power to
protect our people.**

Narcan can reverse an opioid overdose.





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